

# Swimming

## & AQUATICS

### Dublin Swim Center

8157 Village Parkway, Dublin, CA 94568  
(925) 556-4590

The Dublin Swim Center is conveniently located next to Dublin High School. This community facility includes two heated swimming pools—a wading pool for preschool-aged children, and the main pool, which features a shallow tot area, waterslide, lap area, and deep end with a 1-meter diving board.

Aquatics programs include:

- swim lessons for all ages
- recreational swimming
- lap swimming
- competitive swimming classes
- certification classes

#### Office Hours

**April 26 – May 26:** Tue & Thu, 5:00-7:30 PM

**May 31 – June 10:** Mon-Fri, 3:00-7:30 PM

**May 7 – June 12:** Sat & Sun, 1:00-5:00 PM

**June 13 – August 18:** Mon-Thu, 9:00 AM-8:00 PM

**June 17 – August 19:** Fri, 1:00-4:30 PM

**June 19 – September 4:** Sat & Sun, 1:00-5:00 PM

#### Recreational Swimming†

**May 7 – September 5‡:** Sat & Sun, 1:00-5:00 PM

**June 13 – August 12:** Mon-Fri, 1:00-4:30 PM

**June 20 – August 10:** Mon & Wed, 7:00-9:00 PM

† no evening Recreational Swimming on 7/4 & 7/13

‡ includes Memorial Day on 5/30 and Labor Day on 9/5

#### Daily Admission Fees

All Ages \$4

#### Swim Passes (15 swims)\*

Resident \$53

Non-Resident \$60

#### Family Season Passes\*

A family pass can save you money and be more convenient! Family passes may be used during recreational swim hours from May 7 to September 5, 2016, by any immediate family member residing at the same address (maximum of 6 people).

Resident \$165

Non-Resident \$198

#### Lap Swim/Water Walking

Swimming is one of the best forms of exercise. Swimming is especially beneficial to those who are pregnant, have back problems or sore joints. Lanes and equipment are provided. Swimmers of all abilities are welcome. Lap Swimming is conveniently offered at the same time as swimming lessons. Take advantage of this opportunity to get some exercise while your child takes lessons. Circle swimming may be enforced in order to accommodate more swimmers if it is crowded.

#### May 9 – June 3

Mon/Wed/Fri, 6:00-8:00 PM

#### April 26 – June 2

Tue/Thu, 5:00-8:00 PM

#### June 20 – August 11

Mon-Thu, 10:00 AM-1:00 PM

Mon/Wed, 4:30-7:00 PM

Tue/Thu, 4:30-8:00 PM

#### Fees

Adult/Teen \$3.75

Senior \$3.25

#### Passes (15 visits)\*

Adult/Teen (Resident) \$37.50

Adult/Teen (Non-Resident) \$56.25

Senior (Resident) \$32.55

Senior (Non-Resident) \$48.75

\* Passes are valid for the 2016 season and are non-transferable. Refunds will not be issued for unused visits.



See page 43 for Red Cross Lifeguard Training classes

## SWIMMING LESSONS

The City of Dublin's swim lesson program is designed to promote learning in a safe and comfortable swimming environment. Our instructors are fully trained with the latest swimming and water safety instructional techniques.

Please read the course descriptions carefully before you select a class, to ensure that the student is placed in the appropriate level. Classes are available for all ages and abilities. Each level of the program includes training in basic water safety, in addition to the skills outlined below.

**Swim lessons are held rain or shine.**



### Tiny Tots and Toddler Lessons

#### Pollywogs – Ages 6 months to 2 years

#### Guppies – Ages 3 years to 4 years

Are you looking to start your young child's relationship with the water? This water exploration class is designed to give young students exposure to water safety and swimming techniques. The adult is the primary instructor for the student and will be required to be in the water. All classes will be directed by an instructor who will lead the class through age-appropriate water games and beginning swimming techniques to enhance the child's comfort in the water. One child per adult.

### Preschool Lessons (Ages 3 – 5 years)

For the following levels, the student must be willing to work without a parent in the water.

#### Minnows PS1: Water Exploration

Do you want to start your child in swimming lessons? This class focuses on the most elementary aquatic skills which your child will continue to build on as they progress through the swim lesson levels. At this first level, children start developing good attitudes and safe practices through supported teaching techniques that will enhance their comfort in and around the water.

#### Starfish PS2: Primary Skills

This class builds on the basic aquatic skills learned in the Minnows class and gives participants further success with fundamental aquatic skills performed to a slightly more advanced degree than the Minnows class. This level marks the beginning of independent aquatic locomotion skills.

**Prerequisite:** Completion of Minnows or equivalent course

#### Seahorse PS3: Stroke Readiness

This class is designed for children who can swim on their front and back for a minimum of 15 feet and are comfortable submerging themselves underwater. Participants continue to improve coordination of combined arm and leg actions. As in all levels, additional safety skills will be presented.

**Prerequisite:** Completion of Starfish or equivalent course

### Youth Lessons (Ages 6 – 14 years)

#### Otters Y1: Introduction to Water Skills

Do you want to start your child in swimming lessons? This class focuses on the most elementary aquatic skills which your child will continue to build on as they progress through the swim lesson levels. At this first level, children start developing good attitudes and safe practices through supported teaching techniques that will enhance their comfort in and around the water.

#### Sunfish Y2: Fundamental Aquatic Skills

The objective of this class is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop arm and leg actions on the front and back that lay the foundation for future strokes.

**Prerequisite:** Completion of Otters or Minnows

#### Whales Y3: Stroke Development

This class is designed to build on previously learned skills by providing additional guided practice. Participants learn to survival float, swim the front crawl and elementary backstroke. The scissors and dolphin kicks are introduced, and participants build on the fundamentals of treading water. Participants also learn rules for headfirst entries and learn to enter the water headfirst from a seated position at poolside.

**Prerequisite:** Completion of Sunfish or Starfish

#### Marlins Y4: Stroke Improvement

Participants continue to improve their skills and increase their endurance by swimming familiar strokes at greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke, and butterfly and the basics of turning at a wall.

**Prerequisite:** Completion of Whales

#### Dolphins Y5: Stroke Refinement

The purpose of this class is to improve coordination and refinement of strokes. Participants refine their performance of all the strokes and increase their distances. Flip turns on the front and back are also introduced. This class is designed for youths who can swim at least 15 yards in each swimming stroke.

**Prerequisite:** Completion of Marlins

#### Sharks Y6: Swimming and Skill Proficiency

Do you think your child has learned all they can about swimming? Guess again! This Sharks class is designed for youths that can swim at least 25 yards in each swimming stroke. Students will continue to work on advanced stroke technique and endurance while learning advanced swimming and water safety techniques.

**Prerequisite:** Completion of Dolphins or equivalent course

### Private Swimming Lessons

Instruction is available on a one-to-one basis for both children and adults. Private lessons are for those who want more individualized attention. Private lessons are 25 minutes in length and held rain or shine. Children must be at least 3 years old to participate in private lessons.

### Swim Lesson Assessment Day

**Saturday, June 4, 10:00AM-12:00PM**

**Assessment periods will begin every 15 minutes**

This is an opportunity for participants to spend a few minutes in the water with one of our experienced swim instructors. Participants will be separated into small groups based on ability. Swim instructors will review standard swimming techniques and give their recommendation of which level the participant should enroll in.



### Summer Session I

**June 13 – June 23: Monday – Thursday (8 Classes)**

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$46/\$55	—	40968	40969	—	—	—	—	40977	—
Guppies	\$46/\$55	40989	—	—	—	—	—	—	—	40995
Minnows PS1	\$66/\$79	41008	41009	—	41010	41046	41026	41027	41028	—
Starfish PS2	\$66/\$79	—	41401	41402	—	—	41415	41416	41417	41418
Seahorse PS3	\$66/\$79	43334	—	43335	—	43346	43347	—	—	43348
Otters Y1	\$66/\$79	45505	45506	—	45507	45520	—	45521	45522	45523
Sunfish Y2	\$66/\$79	45433	—	45434	45435	45452	45453	45454	—	45455
Whales Y3	\$66/\$79	—	45381	45382	45383	45407	45409	45408	45410	—
Marlins Y4	\$56/\$67	45345	—	45346	—	—	45357	—	—	45358
Dolphins Y5	\$56/\$67	—	—	—	45276	45290	—	45291	—	—
Sharks Y6	\$56/\$67	—	44787	—	44788	—	—	—	44796	—
Private: 6/13-6/16	\$160/\$192	45542	45543	45544	45545	45582	45583	45584	45585	45586
Private: 6/20-6/23	\$160/\$192	45546	45547	45548	45549	45587	45588	45589	45590	45591

### Summer Session 2

**June 27 – July 7: Monday – Thursday\* (7 Classes; \*no class 7/4)**

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$40/\$48	40970	—	—	40971	—	40978	—	—	40979
Guppies	\$40/\$48	—	40990	—	—	—	—	—	40996	—
Minnows PS1	\$58/\$69	41011	41012	—	41013	41016	41030	41031	—	—
Starfish PS2	\$58/\$69	—	41403	41404	41405	—	41419	—	41420	41421
Seahorse PS3	\$58/\$69	43336	—	43337	—	—	43356	43355	43354	—
Otters Y1	\$58/\$69	—	45508	—	45509	45524	—	45526	—	45527
Sunfish Y2	\$58/\$69	45436	—	45437	—	45456	45457	—	45458	45459
Whales Y3	\$58/\$69	45384	45385	45386	45387	45411	—	45412	45413	45414
Marlins Y4	\$49/\$59	—	45347	45348	—	45359	—	45360	45375	—
Dolphins Y5	\$49/\$59	45277	—	—	45278	—	45292	—	—	45293
Sharks Y6	\$49/\$59	—	—	44789	—	44797	—	44798	—	—
Private: 6/27-6/30	\$160/\$192	45550	45551	45552	45553	45592	45593	45594	45595	45596
Private: 7/5-7/7	\$120/\$144	45554	45555	45556	45557	45601	45600	45599	45598	45597



### Summer Session 3

July 11 – July 21: Monday – Thursday Mornings (8 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM
Pollywogs	\$46/\$55	—	40972	—	—
Guppies	\$46/\$55	—	—	—	40991
Minnows PS1	\$66/\$79	41014	41017	—	41018
Starfish PS2	\$66/\$79	—	41406	41407	—
Seahorse PS3	\$66/\$79	43338	—	43339	43340
Otters Y1	\$66/\$79	45510	45511	—	45512
Sunfish Y2	\$66/\$79	45438	—	45439	45440
Whales Y3	\$66/\$79	45388	45394	45389	45390
Marlins Y4	\$56/\$67	—	45349	45350	—
Dolphins Y5	\$56/\$67	—	—	45279	—
Sharks Y6	\$56/\$67	44793	—	—	—
Private: 7/11-7/14	\$160/\$192	45558	45559	45560	45561
Private: 7/18-7/21	\$160/\$192	45562	45563	45564	45565



### Summer Session 3

July 11 – July 21 (7 Classes)

Week 1: Monday, Tuesday & Wednesday Evenings

Week 2: Monday – Thursday Evenings

CLASS LEVEL	FEE (R/NR)	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$40/\$48	—	—	—	40980	—
Guppies	\$40/\$48	—	40997	—	—	40998
Minnows PS1	\$58/\$69	41029	41033	—	41034	41035
Starfish PS2	\$58/\$69	41424	—	41423	41422	—
Seahorse PS3	\$58/\$69	—	43357	43358	—	43359
Otters Y1	\$58/\$69	45535	45536	—	45525	—
Sunfish Y2	\$58/\$69	45460	—	45461	—	45462
Whales Y3	\$58/\$69	45415	45416	45417	45418	45419
Marlins Y4	\$49/\$59	—	—	45361	—	45371
Dolphins Y5	\$49/\$59	—	45294	45295	—	—
Sharks Y6	\$49/\$59	44799	—	—	44800	—
Private: 7/11-7/14	\$120/\$144	45602	45603	45604	45605	45606
Private: 7/18-7/21	\$160/\$192	45607	45631	45608	45609	45632



### Want to be Part of Our Award-Winning Team?

If you are energetic, responsible, and enjoy working with people, you might be just right for a position at the Dublin Swim Center. Applications are being accepted for the following positions: Assistant Pool Manager, Lifeguard, Swim Instructor and Cashier. Offers of employment are contingent upon successful completion of the required certification courses and background check. See our ad on the inside front cover of this Guide. For more information, call (925) 833-6645.





### Summer Session 4

**July 25 – August 4: Monday – Thursday (8 Classes)**

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$46/\$55	—	—	40973	—	—	—	—	40981	—
Guppies	\$46/\$55	—	40992	—	—	—	41005	—	—	—
Minnows PS1	\$66/\$79	41019	—	41020	41021	41032	—	41047	41038	—
Starfish PS2	\$66/\$79	—	41408	41409	—	—	41425	41426	41427	41433
Seahorse PS3	\$66/\$79	43341	—	—	43342	43360	—	43361	—	43362
Otters Y1	\$66/\$79	45513	45514	—	—	45537	—	—	45528	45529
Sunfish Y2	\$66/\$79	—	45441	45442	45443	45463	45464	45465	—	45466
Whales Y3	\$66/\$79	45391	45392	45393	45395	45420	45421	—	45422	45423
Marlins Y4	\$56/\$67	45351	—	—	45352	—	45372	45362	—	45463
Dolphins Y5	\$56/\$67	—	45280	45281	—	—	45296	—	45297	—
Sharks Y6	\$56/\$67	44790	—	—	44791	44801	—	44802	—	—
Private: 7/25-7/28	\$160/\$192	45566	45567	45569	45568	45610	45611	45612	45613	45614
Private: 8/1-8/4	\$160/\$192	45570	45571	45572	45573	45615	45633	45634	45635	45616

### Summer Session 5

**August 8 – August 11: Monday – Thursday (4 Classes)**

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$23/\$28	—	—	40974	—	—	—	40983	—	40982
Guppies	\$23/\$28	41006	—	—	—	—	—	—	40999	—
Minnows PS1	\$33/\$40	—	41022	—	41049	41036	—	41037	—	41048
Starfish PS2	\$33/\$40	41410	—	41411	—	—	41428	41429	—	—
Seahorse PS3	\$33/\$40	—	43365	—	43366	43363	43364	—	43367	—
Otters Y1	\$33/\$40	—	45538	45539	—	45530	—	45531	—	45540
Sunfish Y2	\$33/\$40	45444	—	—	45445	—	45467	—	45468	—
Whales Y3	\$33/\$40	45396	45397	45398	45399	45424	45425	—	45426	45427
Marlins Y4	\$28/\$34	—	45353	—	—	—	45364	—	45365	45366
Dolphins Y5	\$28/\$34	—	—	45282	—	45298	—	—	—	—
Sharks Y6	\$28/\$34	44807	—	—	—	—	—	44803	—	—
Private: 8/8-8/11	\$160/\$192	45574	45575	45576	45577	45617	45618	45619	45620	45621



### Monday & Wednesday Session 1

June 13 – July 6\* (7 Classes; \*no class 7/4)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$40/\$48	—	40975	—	—
Guppies	\$40/\$48	—	—	—	—
Minnows PS1	\$58/\$69	—	—	—	41015
Starfish PS2	\$58/\$69	—	—	—	—
Seahorse PS3	\$58/\$69	—	43343	—	—
Otters Y1	\$58/\$69	45515	—	—	—
Sunfish Y2	\$58/\$69	—	—	45446	—
Whales Y3	\$58/\$69	—	—	—	45400
Marlins Y4	\$49/\$59	—	—	—	—
Dolphins Y5	\$49/\$59	—	—	45283	—
Sharks Y6	\$49/\$59	44808	—	—	—

### Monday & Wednesday Session 2

July 11 – August 3\* (7 Classes; \*no class 7/13)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$40/\$48	—	—	—	—
Guppies	\$40/\$48	—	40993	—	—
Minnows PS1	\$58/\$69	—	—	—	41023
Starfish PS2	\$58/\$69	41412	—	—	—
Seahorse PS3	\$58/\$69	—	—	43344	—
Otters Y1	\$58/\$69	—	45516	—	—
Sunfish Y2	\$58/\$69	45447	—	—	—
Whales Y3	\$58/\$69	—	—	—	—
Marlins Y4	\$49/\$59	—	—	45374	—
Dolphins Y5	\$49/\$59	—	—	—	—
Sharks Y6	\$49/\$59	—	—	—	44794

### Tuesday & Thursday Session 1

June 14 – July 7 (8 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$46/\$55	—	—	—	—
Guppies	\$46/\$55	40994	—	—	—
Minnows PS1	\$66/\$79	—	—	41024	—
Starfish PS2	\$66/\$79	—	41413	—	—
Seahorse PS3	\$66/\$79	—	—	—	43345
Otters Y1	\$66/\$79	—	—	—	—
Sunfish Y2	\$66/\$79	—	—	—	45448
Whales Y3	\$66/\$79	—	—	45401	—
Marlins Y4	\$56/\$67	—	45354	—	—
Dolphins Y5	\$56/\$67	45284	—	—	—
Sharks Y6	\$56/\$67	—	—	—	—

### Tuesday & Thursday Session 2

July 12 – August 4 (8 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$46/\$55	—	40976	—	—
Guppies	\$46/\$55	—	—	—	—
Minnows PS1	\$66/\$79	41025	—	—	—
Starfish PS2	\$66/\$79	—	—	—	41414
Seahorse PS3	\$66/\$79	—	—	43353	—
Otters Y1	\$66/\$79	—	—	45517	—
Sunfish Y2	\$66/\$79	—	—	—	—
Whales Y3	\$66/\$79	—	45430	—	—
Marlins Y4	\$56/\$67	—	—	—	—
Dolphins Y5	\$56/\$67	—	—	—	45285
Sharks Y6	\$56/\$67	44829	—	—	—

### Saturday Session 1

July 23 – August 13 (4 Classes)

CLASS LEVEL	FEE (R/NR)	10:00 AM	10:30 AM	11:00 AM	11:30 AM
Pollywogs	\$23/\$28	—	40988	—	40987
Guppies	\$23/\$28	41003	—	41004	—
Minnows PS1	\$33/\$40	—	41044	41045	—
Starfish PS2	\$33/\$40	41435	—	—	41434
Seahorse PS3	\$33/\$40	43368	—	43369	—
Otters Y1	\$33/\$40	—	45541	—	45534
Sunfish Y2	\$33/\$40	45469	—	—	45470
Whales Y3	\$33/\$40	45429	—	45428	—
Marlins Y4	\$28/\$34	—	45369	—	45370
Dolphins Y5	\$28/\$34	—	45289	—	—
Sharks Y6	\$28/\$34	—	—	44805	—
Private	\$160/\$192	45643	45644	45645	45646



### Sunday Session 2

June 5 – June 26 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$23/\$28	40250	—	40251	—
Guppies	\$23/\$28	—	40239	—	40240
Minnows PS1	\$33/\$40	40363	40364	40365	40366
Starfish PS2	\$33/\$40	40269	40270	—	40271
Seahorse PS3	\$33/\$40	—	40279	40280	—
Otters Y1	\$33/\$40	40229	—	—	40230
Sunfish Y2	\$33/\$40	40296	—	40297	40298
Whales Y3	\$33/\$40	—	40313	40314	40315
Marlins Y4	\$28/\$34	40325	—	—	—
Dolphins Y5	\$28/\$34	—	40372	—	—
Sharks Y6	\$28/\$34	—	—	40331	—
Private	\$160/\$192	40347	40348	40349	40350

### Sunday Session 3

July 10 – July 31 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$23/\$28	—	40984	—	—
Guppies	\$23/\$28	41000	—	—	—
Minnows PS1	\$33/\$40	—	41039	41040	—
Starfish PS2	\$33/\$40	41430	—	—	41431
Seahorse PS3	\$33/\$40	43349	—	43350	—
Otters Y1	\$33/\$40	—	45532	45533	—
Sunfish Y2	\$33/\$40	45471	—	—	45451
Whales Y3	\$33/\$40	45402	—	45403	—
Marlins Y4	\$28/\$34	—	45367	—	45368
Dolphins Y5	\$28/\$34	—	45286	—	45287
Sharks Y6	\$28/\$34	—	—	44795	—
Private	\$160/\$192	45578	45579	45580	45581

### Sunday Session 4

August 7 – August 28 (4 Classes)

CLASS LEVEL	FEE (R/NR)	5:00 PM	5:30 PM	6:00 PM	6:30 PM
Pollywogs	\$23/\$28	40985	—	40986	—
Guppies	\$23/\$28	—	41002	—	—
Minnows PS1	\$33/\$40	41041	—	41042	41043
Starfish PS2	\$33/\$40	—	41432	—	—
Seahorse PS3	\$33/\$40	—	43352	—	43351
Otters Y1	\$33/\$40	45518	—	45519	—
Sunfish Y2	\$33/\$40	—	45449	—	45450
Whales Y3	\$33/\$40	45406	—	45405	45404
Marlins Y4	\$28/\$34	45355	—	45356	—
Dolphins Y5	\$28/\$34	—	45288	—	—
Sharks Y6	\$28/\$34	—	—	—	44804
Private	\$160/\$192	45622	45623	45624	45626



### Teen and Adult Swimming Lessons

Whether you want to overcome a lifelong fear of the water, or just want to improve on stroke techniques, this class can help. Instruction is individualized for each student. This class is also ideal for pre-teens who have not yet learned to swim and may not feel comfortable in the regular lesson program. Classes are held rain or shine.

12 Years+

DAY	DATE	TIME	FEE (R/NR)	ACT #
Tue, Thu	6/14-7/7	7:00-7:45 PM	\$66/\$79	41287
Sun	7/10-7/31	7:00-7:45 PM	\$33/\$40	41289
Tue, Thu	7/12-8/4	7:00-7:45 PM	\$66/\$79	41288
Sat	7/23-8/13	12:00-12:45 PM	\$33/\$40	41291
Sun	8/7-8/28	7:00-7:45 PM	\$33/\$40	41290

### COMPETITIVE STROKE LESSONS

#### Swimming Endurance and Technique

This class will allow you to extend your swim season a few more weeks. General swimming techniques will be covered, along with some fun activities that help you work on your stroke. Participants must be able to swim 25 yards using any two competitive strokes. Class is held rain or shine.

6 Classes

8 - 18 Years \$43 Res/\$52 Non-Res

Dublin Swim Center

Tue, Thu 8/2-8/18 7:30-8:30 PM Activity #41301



### Advanced Swimming Techniques

These classes are designed to increase the effectiveness and efficiency of the specific strokes listed for each session. Swimmers will participate in drills and games that focus on the details of each stroke. Participants must be able to swim 25 yards of each stroke covered in the session. Classes are held rain or shine.

#### Session 1: Freestyle and Backstroke

June 21 – June 30 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 8 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41292
9 - 12 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41293
13 - 18 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41294

#### Session 2: Breaststroke and Butterfly

July 5 – July 14 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 8 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41295
9 - 12 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41296
13 - 18 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41297

#### Session 3: Starts and Turns

July 19 – July 28 (4 Classes)

AGES	DAY	TIME	FEE (R/NR)	ACT #
6 - 8 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41298
9 - 12 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41299
13 - 18 Years	Tue/Thu	7:30-8:30 PM	\$43/\$52	41300



### GREEN GATORS

#### Junior Green Gator Swim Team

Participants will learn about competitive swimming in a non-competitive environment. Practices are held three times per week, and participants will showcase their improvement during two non-competitive swim meets. Swim meets will be held on July 15 and August 12 at 4:30 PM. This program is designed for children who would like to ease into the competitive swimming environment. Minimum skills include the ability to safely swim 25 yards (one lap of the pool) using any of the four competitive swimming strokes (freestyle, backstroke, breaststroke, or butterfly). **Registration begins on Thursday, March 3 at 6:00 PM.**

June 14 – August 11: Tue, Wed, Thu

AGE	TIME	FEE (R/NR)	ACT #
5 - 7 Years	10:15 AM-11:00 AM	\$120/\$144	40381
7 - 12 Years	5:00 PM-6:00 PM	\$120/\$144	40384
8 & 9 Years	11:00 AM-12:00 PM	\$120/\$144	40382
10 - 12 Years	12:00 PM-1:00 PM	\$120/\$144	40383

### AMERICAN RED CROSS

#### Lifeguard Training and Title 22

This course provides all of the training necessary to gain employment as a lifeguard. Those completing the program will receive certification in American Red Cross Lifeguard Training (valid two years and includes First Aid), CPR/AED for Lifeguards (valid two years) and Administering Emergency Oxygen (valid one year). This course also includes Title 22–First Aid for Public Safety Personnel, which is a requirement for lifeguards.

**Prerequisites:** 15 years old on or before the last day of class, ability to swim continuously 300 yards, tread water for 2 minutes using only the legs, and complete a timed brick retrieval.

15 Years+ \$251 Res/\$301 Non-Res

**Dublin Swim Center**

**Mon-Fri 6/13-6/17 9:00 AM-5:00 PM Activity #40668**

#### Private Pool Rentals

The Dublin Swim Center is available for private rentals. It's the perfect place to have a school or class party, company picnic, family reunion or other special event. Fees are reasonable and include lifeguard services. Reservations may be made by calling the Parks & Community Services Department at (925) 556-4500.

